



Meeting Your Needs. At Home. At Sea.

Workshops

Registration is required.

Call (202) 433-6151 DSN 288-6151

All workshops are open to active duty service members, spouses, retirees, civilians affected by base realignment and to DoD civilians on a space available basis.

1 & 2 June 0730 – 1530

**** “Refresher Training” Sexual Assault Victim Intervention Program**

1, 3, 8, & 10 Jun 1700 – 2100

**** OMBUDSMAN TRAINING**

11 June 0800 - 1600

Newcomers Finance

14 June 1130 - 1230

Parenting Lunch & Learn “What’s Your Parenting Style? And How Does It Effect Your Teen?”

15 June 0800-1600

CONSEP (Career Options & Navy Skills Evaluation Program) Mid Career Training

21 June 0900–1200

Interviewing Skills

21 June 1130 - 1230

Parenting Lunch & Learn “What’s Your Parenting Style? And How Does It Effect Your Teen?”

22 June 0900 – 1100

Salary Negotiation

23 June 0730-1530

Smart Emotions-Using Anger Wisely

24 June 1000-1130

Sponsorship Training

24 June 1130 - 1600

Meet The Employer

25 June 0900 – 1100

Career Information Team Brief

29 June 0900-1200

Smooth Move/Overseas Planning

30 June 0900-1200

Smooth Move/Overseas Planning

Held at The National Naval Medical Center

** * Must attend all classes in order to be certified.*

The Quarterdeck

June 2004

SINGLE SAILORS

What's In It for You?

If you think the Fleet and Family Support Center doesn't have much to offer single Sailors, think again. The Center offers several classes and programs to enhance the military experience for singles. From money management to learning the ins and outs of relocation to managing stress, The Center can meet your needs at home and at sea.

Here's a brief look at what's in it for you, the single Sailor.

Information and Referral (I&R)

The Information & Referral program helps Sailors access the services they need by providing information about social services, temporary and permanent housing, emergency services and health and medical services. I&R counselors can answer questions about and make referrals to The Center's other program offerings including: Personal Financial Management (PFM), Transition Assistance Management Program (TAMP), Relocation Assistance Program (RAP), Life Skills classes and workshops, volunteer opportunities, and recreational offerings.

Personal Financial Management (PFM)

Managing money in today's marketplace can be challenging. Trained professionals at The Center are available to help you analyze your finances and set financial goals to help you build your dreams.

Approximately 3,800 Command Financial Specialists are trained each year, serving 168,000 Sailors and Navy family members annually. The Center's trained Financial Specialists and Educators can assist you with budget planning, debt management, car buying tips, Thrift Savings Plan information, investment education, retirement planning and more.

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SINGLE SAILORS
We can help you navigate the NAVY!



Meeting Your Needs. At Home. At Sea.

Single Sailors - Resources

Fleet and Family Support Centers provide a wide range of personal and family enrichment programs, including counseling and deployment support services. For the answers you need call the FFSC 202-433-6151 or toll free 1-866-557-4410 or visit www.ndw.navy.mil/FFSC/Anacostia/Anacostia.htm



NAVY ONE SOURCE, a DoD-sponsored 24/7/365 source of information, consultation and referrals at no cost to you. Phones answered live by consultants and an interactive website with a wealth of information and ability to order materials and personalized information searches. www.navyonesource.com (user ID: Navy, password: Sailor). From the US: 1-800-540-4123, from outside the US:* 800-5404-1233 (*use country connection code and dial all 11 digits), TTY/TDD: 1-800-346-9188 and en Espanol, llame al: 1-877-989-5392

LIFELines, sponsored by the Secretary of the Navy, is the Navy's Quality of Life (QOL) information center. Serving the QOL needs of service members and their families, LIFELines is a one-stop shop for information, resources and links. Visit www.lifelines2000.org.

MAPsite is the relocation station for the DoD's Military Assistance Program (MAP). It provides information and interactive resources for assisting in relocation, money management and job searches at your PCS destination. Visit <http://dod.mil/mapsitel/>.

Military Acclimate, provided by the Department of Defense and the Office of Family Policy, helps military personnel determine cost of move, cost of living and best-fit housing at your PCS destination. Visit www.militaryacclimate.com.

Military Money was created to address the dynamic lifestyle of the military servicemember and to serve as an engaging financial resource for families with loved ones who are serving in America's armed forces. Visit www.militarymoney.com.

Single Sailor Liberty offers single Sailors a variety of recreational options. Visit www.mwr.navy.mil/mwrprgms/liberty.htm.

The Thrift Savings Plan is a retirement savings plan for both civilians who are employed by the United States government and members of the uniformed services. Visit www.tsp.gov.

The Fleet and Family Support Center provides the names of commercial enterprise resources only and does not endorse the use of any particular business.

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Relocation Assistance Program (RAP)

Frequent moves are standard in the Navy. In fact, it's not unusual for servicemembers to move every three to four years. With 20 percent of all Navy active-duty personnel moving annually, there are more than 80,000 Navy members changing duty stations each year.

Through The Center's Relocation Assistance Program, professional counselors can help you create a personal relocation plan, designed to address issues that are relevant to your move. RAP programs and resources include area orientation, "Smooth Move" workshops, and the SITES database, your first stop in learning more about housing, medical needs and other crucial information. Additionally, RAP counselors can help you find information about local attractions and customs, legal concerns, shipping your personal belongings and finding a sponsor at your new base.

Life Skills Education

Sailors encounter many challenges, such as unexpected relocation, deployment and adjusting to a military environment. Life Skills Education encourages a higher quality of life for Navy personnel by providing Sailors with the ability to reduce conflicts in personal and professional relationships, leading to an improvement in overall happiness and productivity. The Center provides solution-oriented classes and workshops in the following areas: anger management, decision making and resource management, effective communication in the workplace, goal setting, increasing assertiveness, self-esteem, stress management, suicide prevention, team building, time management and many others.

Professional Counseling

The Center's licensed social workers, and professional counselors offer individual, marital and family counseling. Do you have difficulty with relationships, need to talk to someone about your relationship with your workmates or significant other? Having trouble functioning because of a recent relationship breakup or a loss of a friend or family member? Thinking about making a long-term relationship commitment, but you want to talk with someone about it. Feeling anxious, depressed, scared or confused? The Center's professional counselors can help you sort through your feelings, learn positive techniques for improving your relationships or give you referrals for community support groups or counseling sources.

The Fleet and Family Support Center is there for all single Sailors from E-1 to O-10.

**Don't shortchange yourself;
utilize all of your resources.**

*The Fleet & Family Support Center
is located on the
Anacostia Annex,
Bldg. 72, 2767 Watson Road. SW,
Phone: 202-433-6151, DSN 288-6151*

Toll Free 1-866-557-4410

<http://www.ndw.navy.mil/FFSC/Anacostia/Anacostia.htm>



Twenty-five years ago this July, the FFSC opened the first two Centers in Norfolk and San Diego. Please join us this July in celebrating our 25th Anniversary. Events will be published in the FFSC July's newsletter.